

CELEBRATING NATIONAL DIABETES MONTH!

*Packing a
Healthy Lunchbox*



Roasted Turkey
on Whole Wheat
Sandwich Slims

242 Calories | 19g Carbs | 2g Fat



1 Cup Raw
Vegetables
(cucumbers, celery,
peppers, carrots,
broccoli)

25 Calories | 5g Carbs | 0g Fat



Oikos® Greek
Yogurt

90 Calories | 10g Carbs | 0g Fat



Mandarin
Orange

40 Calories | 10.1g Carbs | 0.2g Fat

Total=

397 Calories

44.1g Carbs

2.2g Fat



ASHLEY GRAZILLA, RD, LD

Clinical Dietitian/Diabetes Education Coordinator

DIABETES EDUCATION PROGRAM EVENTS INCLUDE: COMMUNITY HEALTH FAIRS, CARBOHYDRATE COUNTING FOOD TOURS, DIABETES COOKING CLASSES & VARIOUS DIABETES & NUTRITION SPEAKING EVENTS.

Nutrition and Diabetes Education offered! Call 937.840.6573 for more information

EDUCATION INCLUDES

DIET MANAGEMENT

EXERCISE MANAGEMENT

MEDICATION MANAGEMENT

BLOOD GLUCOSE MONITORING/BLOOD GLUCOSE TARGETS

LAB RESULTS REVIEW & TARGETS (A1C, FASTING BLOOD GLUCOSE, CHOLESTEROL, ETC.)

FOOT, EYE & DENTAL CARE

SIGNS & SYMPTOMS OF HYPER/HYPOGLYCEMIA & TREATMENT PROTOCOL